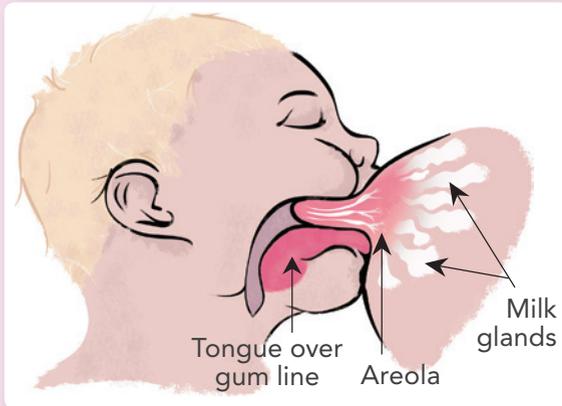
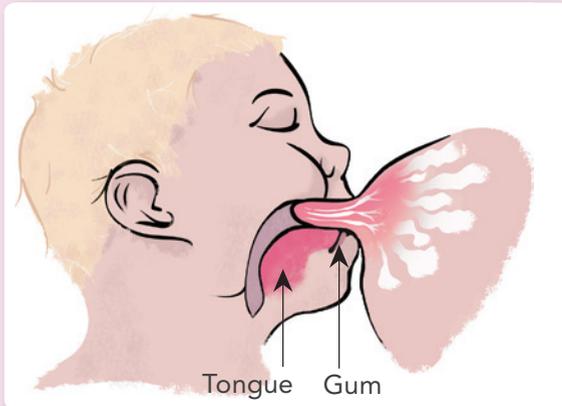


## A Good Latch



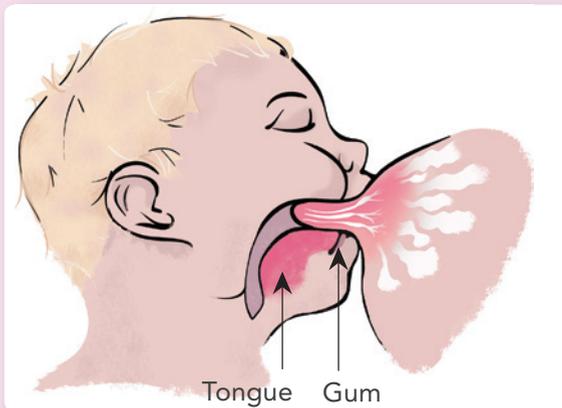
### A Perfect Latch

The perfect latch is not painful. You can see that your baby has a good seal around the breast and it should be fairly quiet, with only the sound of swallowing possibly being heard—no slurping or clicking. You may also notice that your baby's ears move as he nurses.



### Too Little

You will often hear people mistakenly say that your baby needs to get the whole areola in his mouth. The truth is that there are some women who have very large areolas that don't fit inside the baby's mouth. What is behind this is that your baby needs to have the entire nipple and a good bit of tissue from the areola in his mouth to adequately receive breast milk.



### Tongue Not Over the Gum Line

Your baby needs to stick his tongue out over the gum line. This helps him get breast milk, but it also protects your breast tissue from rubbing on the gum line, which can make your breast very sore.